## CLAIMS:

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1. A mounting system having:

a supporting panel having a cavity therein, the cavity having an aperture in a front face of said supporting panel, the cavity widening from said aperture to a hook receiving portion having upper and lower surfaces; and

a mount having a hook, the hook incorporating a distal and proximal portion and being shaped so that said mount may be fixed to said panel by locating said distal portion within said aperture and rotating said mount so that the hook passes said aperture and locates within said hook receiving portion, wherein to resist withdrawal of the hook from the cavity under the influence of a turning moment induced on the hook by a load applied to the mount, the distal and proximal portions are arranged to abut respective ones of the upper and lower surfaces and to become wedged between those surfaces as the hook moves across at least one of those surfaces under the influence of the turning moment.

2. A mounting system having:

a supporting panel having a cavity therein, the cavity having an aperture in a front face of said supporting panel, the cavity widening from the aperture to a hook receiving portion; and

a mount having a hook, the hook being shaped so that the mount may be fixed to the panel by locating a distal portion within the aperture and rotating the mount so that the hook passes the aperture and locates within the hook receiving portion with the distal portion abutting an upper surface of the cavity, wherein to resist withdrawal of the hook by the cavity on applying a load to the mount, the distal portion is caused to be forced into engagement with the upper surface of the cavity.

3. A mounting system according to claim 2, wherein a proximal portion of the hook is arranged to abut a lower

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surface of the cavity, and wherein in resisting withdrawal of the hook from the cavity, the hook becomes wedged between the upper and lower surfaces.

- 4. A mounting system according to claim 1 or 3, wherein on insertion of the hook into the cavity, the distal and proximal portions are arranged to abut the upper and lower surfaces so as to place the hook in compression.
  - 5. A mounting system according to either claim 1, 3 or 4, wherein the hook is resilient and arranged to flex under a compressive load applied between the distal and proximal portions.
  - 6. A mounting system according to claim 1, 3, 4 or 5, wherein the lower surface extends upwardly in a direction towards said aperture.
- 15 7. A mounting system according to claim 6, wherein the lower surface is arcuate having a constant radius of curvature.
  - 8. A mounting system according to any preceding claim, wherein the hook is arranged to pivot about its distal portion on rotating said mount to locate the hook within the hook receiving portion.
  - 9. A mounting system according to claim 8, wherein the upper surface incorporates a recess that is configured to receive the distal portion of the hook and wherein the recess has a wall surface that is shaped to complement an outer surface of the distal portion to facilitate pivoting of the hook about its distal portion when locating the hook in said hook receiving portion.
  - 10. A mounting system having:

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a supporting panel having a cavity therein, the cavity having an aperture in a front face of the supporting panel, the cavity widening from the aperture to a hook receiving portion having an upper surface incorporating a recess disposed inwardly from the aperture, and a lower surface which extends upwardly in a direction toward the aperture; and

a mount having a hook, the hook incorporating a

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distal and proximal portions and being shaped so that the mount may be fixed to the panel by locating the distal portion within the aperture so that it locates within the recess and thereafter rotates about its distal portion to be fully received within the cavity, wherein the recess has a wall surface that is shaped to complement an outer surface of the distal portion so that the hook is able to pivot about its distal portion when locating the hook in the hook receiving portion.

- 10 11. A mounting system according to claim 10, wherein the lower surface is arcuate having a constant radius of curvature having the axis of the radius substantially coincident with the axis about which the distal portion pivots.
- 15 12. A mounting system according to any preceding claim, wherein the hook is formed by a pair of arcuate portions which are joined together to define a generally v-shaped hook.
- 13. A mounting system according to claim 11, wherein one of the pair of arcuate portions include the distal portion of the hook, and the other arcuate portion includes the proximal portion.
  - 14. A mounting system according to either claim 12 or13, wherein an outer surface of one of the arcuate
- 25 portions has a constant radius of curvature having the axis of the radius disposed in the other arcuate portion.

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- 15. A mounting system according to claim 14, wherein the outer surface of each of the arcuate portions has a constant radius of curvature having its axis of radius disposed in the other arcuate portion of the hook.
- 16. A mounting system according to any one of claims 12 to 15, wherein the ends of the arcuate portions are disposed relative to one another such that if the ends were joined by straight lines, the lines would define a substantially equilateral triangle.
  - 17. A mounting system according to any one of claims 13 to 15, wherein the hook receiving portion incorporates a

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rear surface opposite said aperture, the rear surface having a complementary shape to the arcuate portion incorporating the distal portion.

- 18. A mounting system according to any preceding claim, wherein the distal portion is located at the terminal end of the hook.
  - 19. A mounting system according to any preceding claim, wherein at its highest, the cavity is between 1.5 and 3 times as high as the aperture.
- 20. A mounting system according to any preceding claim, wherein the cavity is formed by an elongate slot which defines an extended hook receiving portion adapted to receive a plurality of hooks of respective ones of the plurality of mounts.
- 15 21. A mounting system according to claim 20, wherein the panel has a plurality of substantially parallel elongate slots.
  - 22. A mounting system according to claim 20, wherein the mounting system includes a plurality of cavities spaced horizontally apart from one another.
  - 23. A mounting system according to any preceding claim, wherein the hook is formed from sheet material having a thickness which is more than a third the height of the aperture.
- 25 24. A mounting system according to any preceding claim, wherein the supporting panel is formed of custom wood or particle board.
  - 25. A supporting panel for a mounting system, the supporting panel incorporating a cavity arranged to
- receive a hook for a mount, the cavity having an aperture in a front face of the supporting panel and widening from the aperture to a hook receiving portion, wherein the upper surface of the cavity includes a recess spaced from the aperture, and a lower surface of the cavity
- incorporates an arcuate surface having a constant radius of curvature having its axis disposed generally in the recess.

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26. A mount for a mounting system, the mount having a hook formed by a pair of arcuate portions which define a generally v-shaped hook, wherein one of the pair of arcuate portions includes a distal portion of the hook, and the other arcuate portion includes a proximal portion of the hook, the proximal portion having an outer surface having a constant radius of curvature having its axis disposed at the distal portion.